

MEDICAL AND DENTAL - INSTRUCTION GUIDE – Long Form

	DESCRIPTION OF FORM	ACTION
Checklist Form ME-D-112	Completed by RPSC Medical for each candidate, based upon age, gender, family history (if available), previous deployment history, and seasonal deployment needs. Additional tests/exams may be required based on information received.	Call your doctor/dentist: request appointment to include any/all tests indicated on checklist. Take the checklist with you to appointments, along with the “Dear Doctor” letter (ME-D-102). <i>Falsifying and/or non-disclosure of information may result in permanent disqualification from the United States Antarctic Program.</i>
Release Form NSF Form 1421	"Medical Risks for NSF-Sponsored Personnel Traveling to Antarctica" release.	Read, sign and date. Return to RPSC. (Participants WILL NOT be cleared for deployment until RPSC Medical receives this form.)
Medical History NSF Form 1422	Five page medical history (long form)	Long form - Complete and take with you to your Doctor's appointment.
Polar Physical Examination NSF Form 1423	Two page examination form.	This is for your doctor to complete during your appointment. This completes the medical history form.
Lab Work Lab kit Or Required Labs Form ME-CD-109	Pre-packaged Laboratory kit. Please make sure that the “Polar Profile” is marked on your lab requisition located inside the box. Any additional tests required must be marked also (see Checklist for additional tests). If no lab kit is enclosed, then present the “Required Labs” form to your Doctor.	If Lab Kit is provided, take it to your Doctor’s appointment. It is your responsibility to make sure the lab kit is mailed the same day your labs are collected. Use the Federal Express mailer included with the lab kit. Follow instructions regarding fasting. Labs must be done within 6 months of deployment. All test results should be mailed with your completed medical forms to RPSC Medical Department. Follow instructions regarding fasting.
HIV Consent NSF Form 1424	Explains the walking blood bank procedure and the need for HIV testing.	Read, sign and date this form. Take it with you to your doctor’s appointment and have it returned with the examination forms.
Dental NSF Form 1425	Radiographs become the property of USAP and will not be returned to you or your dentist. Instructions for digital radiographs can be found in the “Dear Dentist” letter (ME-D-106).	Complete the top portion of the Dental Examination form BEFORE your appointment. Take the “Dear Dentist” letter to your dentist. The exam form and ORIGINAL radiographs should be sent to the RPSC Medical Department.
Reimbursement Form ME-D-103	Form used by Raytheon employees for out-of-pocket reimbursable fees only. Use this form only if you are not currently working for RPSC	Read and follow instructions on the Reimbursement form. Mail to RPSC Medical Department.
Eyewear Policy for Antarctica ME-A-119	Sunglasses are a requirement in Antarctica. This form details all requirements.	RPSC employees are eligible to be reimbursed every other year for one (1) pair of prescription sunglasses. Additionally, if required of your job position, reimbursement for one (1) pair of prescription safety glasses. You will be reimbursed up to \$175.00 for each pair. You must be Physically Qualified to obtain reimbursement.
Medications ME-A-121	Participants taking prescription or over-the-counter medications are required to bring an adequate supply for the deployment duration. USAP does not provide motion sickness medication.	If you need physician-prescribed medications of any kind during your deployment, please consult your physician. You will need to obtain a prescription for the length of your deployment. Be sure to bring enough medication to allow for travel and extended time on Ice. See letter included in packet.
Immunization	Current Tetanus immunization – USAP required. Hepatitis A and B vaccines – strongly recommended for certain positions. See checklist.	Consult the Centers for Disease Control and Prevention International Traveler’s Hotline re: immunization for international travel at www.CDC.gov/travel/index.html .
Psychological Screening- Winter Over Participants	Required for candidates deploying to either McMurdo or the South Pole during the austral winter (March-October).	Call RPSC Medical at 800-688-8606 option 3 to arrange an appointment. Nicoletti-Flater Associates are located in Denver, CO, and will perform all psychological evaluations.

Travel tickets will not be issued until you are medically and dentally qualified (PQ’d). You must PQ at least three (3) weeks prior to your planned departure date, this includes the return of the two release forms and personal information sheet.

Waiver Process- If you are not medically/dentally PQ’d, then a waiver packet can be requested from RPSC and submitted to the NSF by RPSC. It is your responsibility to submit necessary information to RPSC Medical for further processing with the NSF. The NSF makes the determination whether or not you deploy to Antarctica. The waiver process can take up to eight (8) weeks, so plan accordingly if you think a waiver will need to be submitted. Contact Medical for instructions.